

Chatham Youth Services

MISSION

MISSION: To enhance the quality of life and broaden community support for Chatham's 12 - 18 year old population, with teen participation in all phases, through activity, communication and caring in a safe and supportive environment. Chatham Youth Services is pleased to offer:

- Counseling
- Quarterly events for youth
- Community Partnerships
- Activities/Programming
- Education
- Resource referral
- Community Service database
- Diversion programs

Chatham Youth Services provides leadership and a community focus on youth issues and promotes community wellness by:

- Identifying and addressing youth needs;
- Advocating for youth interests;
- Partnering with other youth and community serving agencies;
- Developing and implementing quality programs and services; and
- Educating and communicating with the public regarding youth issues.

Chatham Youth Services is advised by the Chatham Youth Council. Comprised of Chatham 12-18 year olds, **Chatham Youth Council** serves as the leading youth advocacy, advisory, and resource board. Members serve on a volunteer basis and are invaluable instrumental in addressing the needs of Chatham youth.

Activities - In an effort to meet the needs of all Chatham teens, Chatham Youth Services offers a variety of events and activities. Activities serve as community building arenas in addition to providing the opportunity for ongoing outreach toward all Chatham teens. Most importantly, activities provide youth with fun and safe things to do. Larger events are held quarterly. Chatham Youth Services make every effort to collaborate with community partners in programming sponsorship.

Counseling - CYS offers free, confidential professional counseling to Chatham youth ages 12 to 18. Referrals are made through the schools, parents/caregivers, friends, police, probation, and through self-referral. When appropriate, Chatham Youth Services will refer teens to additional providers in order to most effectively meet a youth's needs.

Education - Through our comprehensive website, in our collaborations with community partners, through effective literature and publications, and with the support of our advisory boards, Chatham Youth Services makes every effort to offer wellness education to teens and the educate the public about the needs of Chatham teens.

PARTNERSHIPS

Community Partners and Generous Supporters

The following organizations have generously supported Chatham Youth Services:

[Chatham Athletic Association](#)

[March of Dimes](#) including 'Elaine Whitelaw Volunteer of the Year' Dick Sullivan

[St. Christopher's Church](#) and Parishioners

Chatham Women's Club

VFW Brown James Buck – Chatham

State Farm Foundation/[Youth Serve America](#)

Rotary Club of Chatham

We are proud to be in partnership with the following organizations:

Chatham Chamber of Commerce

Chatham Community Church

[Chatham Public Schools](#)

Fire Department, Town of Chatham

First Congregational Church

First United Methodist Church

[Eldredge Public Library](#)

[Monomoy Community Services](#)

Office of the Youth Counselor, Harwich

Parks and Recreation Department, Town of Chatham

Police Department, Town of Chatham

St. Christopher's Episcopal Church

Unitarian Universalist Meeting House

VOLUNTEER

Volunteer

We are founded on the premise that youth outreach must spring from the community. We invite community members to work with us, whether individual, group, business people,

retail workers, fishermen, entrepreneurs, town and school employees, writers, actors, landscapers, caregivers, Chatham residents and anyone we forgot to mention. There are about 385 teens and about 6,500 others in Chatham on a year round basis. That means that every one of our teens has better than 10 opportunities to work with a supportive adult. There are lots of ways to help with this program and no support is too little. To find out more call 508-945-5100.

RESOURCES

Resources

Local Community Links

[Chatham Chamber of Commerce](#)
[Cape Cod Chronicle](#)
[Chatham Schools](#)
[Rotary of Chatham](#)
[Eldredge Public Library](#)

[Town of Chatham](#)
[United Way](#)
[ClickCapeCod.com](#)
[Chatham Bike Tours](#)

Activities

[Cape Cod Rec](#)

Cape Cod Recreation Teen Scene

[Chatham A's Calendar](#)

Fantastic College league baseball

[Eldredge Public Library](#)

Youth programs available through the Eldredge Public Library

Parent Resources

[Not My Kid, Inc.](#)

Dedicated to promoting health families by empowering parents to make educated decisions about their children's behavioral health. The site is excellent for parents looking for positive ways to relate to their children. Informative articles describe warning signs, treatment options, how you can help, anxiety and panic disorders, ADHD, bed-wetting, Internet addiction, eating disorders, children of divorce, substance abuse, PTSD, self-esteem issues, and more. Helpful books, videos and

other products are also suggested on the site.

[Al-Ateen Orleans](#)

Local Ala-teen information.

[ADOL](#)

Adolescence Directory On-Line (ADOL) is an electronic guide to information on adolescent issues. It is a service of the Center for Adolescent Studies at Indiana University. Good for community partners, parents, and teens.

[ParentSoup](#)

Site for parents with children of all ages.

[Help for Troubled Teens](#)

Good site for parents of troubled teens

[Help for Teens.net](#)

For parents concerned our their child's drug use

[Focus Adolescent Services](#)

Relevant articles for parents.

Suicide Hotlines & Resources

[How I Stayed Alive](#)

Information from local author Susan Rose Blauner

[Suicide Awareness Voices of Education \(SAVE\)](#)

SAVE is a grassroots nonprofit organization founded by survivors. Its mission is to educate about suicide prevention and speak for survivors. Focusing on building public awareness and community education, SAVE teaches people the knowledge and skills they need to help prevent suicide. SAVE is a resource of information; community action, ideas; speaks, and public awareness tools such as billboards, print ads and radio public service announcements. The site provides straight-talking explanations on common misconceptions of suicide; information on hospitalization, questions and answers about suicide; information on symptoms and danger signs; book lists, depression facts, access to a community action kid and public service announcement ad campaign and more.

[Lite for Life Foundation – Yellow Ribbon Suicide Prevention Program](#)

Community based prevention with curriculum and intervention tools. Yellow Ribbon cards are being used internationally to help save lives. The cards are a voice for youth when they can't find the words to say "I need help" Teens who have attempted suicide tell that they were so overwhelmed at the time of their crisis that they did not know what to say to ask for help. The program gets cards to youth and informs adults what they are. This is very important so adults can respond appropriately and immediately if they receive a card from a teen/youth. Cards can be customized to include local crises information to find help in their home area. The site provides instructions on how to start a program in your school or community and lets you print free copies of Yellow Ribbon cards directly off the site.

American Foundation for
Suicide Prevention (AFSP):

FSP is the only national not-for-profit organization solely dedicated to funding suicide prevention research, initiating treatment and projects and offering educational programs and conferences for survivors, mental health professions and physicians and the public. Lists a national directory of survivor support groups for families and friends of suicide and answers commonly asked suicide related questions. The AAS site includes book lists, warning signs, tips on how to help suicidal thinkers and more.

National Hopeline Network
1 800 SUICIDE

Links the caller to the certified crisis hotline nearest to them. You can expect to reach a trained crisis line worker who will do a lethality assessment, make appropriate referrals and provide intervention if needed. You can also expect to reach a non-judgmental empathetic listener.

Girls and Boys Town National
Hotline
hotline@boystown.org
1 800 448 3000

Highly trained counselors provide free confidential services twenty-four hours a day, seven days a week. Calls range from relationship and parental discipline to depression and suicide. In crisis situations, counselor assists callers and provides community resources and emergency intervention.

Trevor Helpline
1 866 4-U-TREVOR

The Trevor Helpline, which can be reached by calling **866-4-U-TREVOR**, is a national 24-hour toll-free suicide prevention hotline aimed at gay or questioning youth. The Trevor Helpline is geared toward helping those in crisis, or anyone wanting information on how to help someone in crisis. All calls are handled by trained counselors, and are free and confidential.

Covenant House Nine line
1 800 999 9999

Provides crisis intervention, referral and information services to troubled youth and their families throughout the United States. 24-hour hotline.

Befrienders International

361 centers in 41 countries, providing free, confidential and nonjudgmental listening service to people who are lonely, despairing and suicidal. Run by 31,000 volunteers. People are befriended by telephone, in face-to-face meetings, by letter and by email.

Teen Help

Teen 411: National Help Resources

Wellness Sites

Tobacco Free

Great anti-smoking site

AIDS - HIV

HIV/AIDS site

Kids Health

Teen Health

www.medainc.org Massachusetts Eating Disorder Association

[Focus Adolescent Services](#) Comprehensive site that covers a wealth of teen-specific issues.

Career Advice

[SummerJobsOnCapeCod](#) Excellent resource for Jobs for youth on the Cape

[Job Doggy](#) Good site for Teens: Resume and Interview advice

[Teen Careers](#) Teens Guide to Making Money

Drugs/Alcohol Dependence

[Ala-teen](#) Local Ala-teen information.

[Alcohol Problems and Solutions](#) Good alcohol site for teens and parents.

Other Youth Services

[See and Stop It.org](#) Teen Action Campaign – newly released site created by Massachusetts teens to put an end to relationship violence.

[BC Human Services](#) Great site as far as providing links to a ton of different resources: teen health, advocacy, development, and community organizing.

[Cape Youth Council](#) Cape and Islands Youth Council Website

Teen Issues

www.teencentral.net Advice for teens by teens

[Safe Places](#) Teen Topics . YMCA Sponsored.

Disclaimer: Note that the recommended links to other sites are provided solely as a service to those who visit our website. They are not necessarily an endorsement by Chatham Youth Services. CYS is not responsible for the content found on the pages of these links.

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